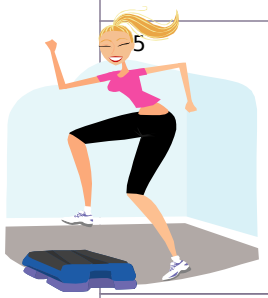
Fitness Centers Group Exercise Schedule- JUNE 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** 0900 (CM) Sylvia 1000 (Y) Sylvia 1630 (ST) Missy 1630 (SP) Julie 1730 (222) Danielle	**3** 0630 (SP) Chava 0900 (CM) Dianna 1630 (ST) Dianna 1730 (K) Danielle 1730(Y)Jody	**4** 0630 (SP) Veronica 0900 (CM) Sylvia 1000 (Y) Sylvia 1630 (SP) Veronica 1630 (222) Danielle 1730 (BB) Danielle	**5** 0630 (SP) Chava 0900 (CM)Dianna 1630 (ST) Dianna 1730 (SP) Veronica 1730(Y)Jody	**6** 1000 (Y) Sylvia 1630 (T) Julie	**7** 0900 (SP) Veronica 0900 (ST) Missy 1000 (T) Veronica
	9 0900 (CM) Sylvia 1000 (Y) Sylvia 1630 (ST) Missy 1630 (SP) Julie 1730 (222) Danielle	**10** 0630 (SP) Chava 0900 (CM) Dianna 1630 (ST) Dianna 1730 (222) Danielle 1730(Y)Jody	**11** 0630 (SP) Veronica 0900 (CM) Sylvia 1000 (Y) Sylvia 1630 (SP) Veronica 1630 (222) Danielle 1730 (BB) Danielle	**12** 0630 (SP) Chava 0900 (CM) Diannna 1630 (ST) Dianna 1730 (SP) Veronica 1730(Y)Jody	**13** 1000 (Y) Sylvia 1630 (T) Missy	**14** 0900 (SP) Veronica 0900 (ST) Missy 1000 (T) Veronica
15	**16** 0900 (CM) Sylvia 1000 (Y) Sylvia 1630 (ST) Missy 1630 (SP) Julie 1730 (222) Danielle	**17** 0630 (SP) Chava 0900 (CM) Dianna 1630 (ST) Dianna 1730 (K) Danielle 1730(Y) Jody	**18** 0630 (SP) Veronica 0900 (CM) Sylvia 1000 (Y) Sylvia 1630 (SP) Veronica 1630 (222) Danielle 1730 (BB) Danielle	**19** 0630 (SP) Chava 0900 (CM) Dianna 1630 (ST) Dianna 1730 (SP) veronica 1730(Y)Jody	**20** 1000 (Y) Sylvia 1630 (T) Missy	**21** 0900 (SP) Veronica 0900 (ST) Missy 1000 (T) Veronica
22	**23** 0900 (CM) Sylvia 1000 (Y) Sylvia 1630 (ST) Missy 1630 (SP) Julie 1730 (222) Danielle	**24** 0630 (SP) Chava 0900 (CM) Dianna 1630 (ST) Dianna 1730 (K) Danielle 1730(Y) Jody	**25** 0630 (SP) Veronica 0900 (CM) Sylvia 1000 (Y) Sylvia 1630 (SP) Veronica 1630 (222)	**26** 0630 (SP) Chava 0900 (CM) Dianna 1630 (ST) Dianna 1730 (SP)Veronica 1730(Y)Jody	**27** 1000 (Y) Sylvia 1630 (T) Missy	**28**

(2/2/2)- 20/20/20
(CM)- Cardio Mix
(BB)- Body Blitz
(ST)- Step
(KB)- Kickboxing
(SP) -Spinning
(T) -Toning
(Y)- Yoga
(IC)- Instructors Choice
(P)- Pilates



Please call 526-2706 for hours on National and Training Holidays All Classes are $2.00. Punch cards are available for $20.00 (10 Classes).

http://mwr.carson.army.mil

Forrest PFC Prussman Blvd.

Hours of Operation

M-F